

## What does being a Catholic mean?

- Following the Gospel Values of the New Testament given to us through the teachings of Christ our Lord.
- Following the teachings found in the Old Testament for example the Ten Commandments.
- Reflecting the Virtues and Attitudes of Christ in all that is thought, done and said.
- Going to Church on a Sunday to celebrate Holy Mass and at other special times of the year to celebrate feasts and festivals or Holy Days of Obligation.
- Receiving Communion.
- Going to Holy Mass or other Church activities during the week in own free time.
- Fasting and abstaining from meat on Ash Wednesday and Good Friday.
- Abstaining from meat on a Friday: Eat meals that contain fish, egg, cheese, milk or plants, vegetables and fruit.
- Supporting the Church Societies and Community.
- Making a donation to the collection
- Visiting the sick and elderly.
- Supporting those less fortunate: Supporting Charities.
- Giving or taking up something during Lent.
- Showing forgiveness.
- Going to Reconciliation.
- Saying morning and evening prayers.

